

April is Alcohol Awareness Month

Facts

Alcohol is a drug—a depressant that slows brain activity.

Alcohol abuse, misuse, and addiction affects the entire family.

Addiction is a chronic, progressive disease.

Millions of Americans and their families are in healthy recovery from this disease.

Alcohol and other drug addiction is **preventable** and **highly treatable**.

Warning Signs of Alcohol Abuse

If you answer "Yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Source: SAMSHA, *How to Cut Down on Your Drinking*

Standard Drink Conversion

One (1) Standard Drink is equal to:

BEER (5% alc.)	12 oz.
MALT LIQUOR (7% alc.)	8.5 oz.
WINE (12-17% alc.)	5 oz.
FORTIFIED WINE (ex. Port, Sherry)	3.5 oz.
CORDIAL, LIQUEUR, APERITIF	2.5 oz.
BRANDY	1.5 oz.
HARD LIQUOR (80 proof / 40% alc.)	1.5 oz.

At-Risk Drinking Levels

MEN:	More than 4 drinks per day or more than 14 drinks per week
WOMEN:	More than 3 drinks per day or more than 7 drinks per week
OVER 65:	More than 1 drink per day

Source: Natl. Institute on Alcohol Abuse and Alcoholism



What can you do?

- ✓ **RECOGNIZE** the warning signs
- ✓ **KNOW** where to go for help
- ✓ **SEEK TREATMENT** if you or someone you know needs help

Help is Available for **confidential** help contact:

The NH Bureau of Drug and Alcohol Services 1-800-804-0909 or 603-271-6110

Talk with your doctor or health care provider

Websites / Resources

Natl. Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov

NH Chapter of Alcoholics Anonymous: www.nhaa.net

Al-Anon/Alateen: www.al-anon.alateen.org/

Faces and Voices of Recovery: www.facesandvoicesofrecovery.org/

NH Taskforce on Women and Recovery: www.nhtwr.org

NH Resource Guide for Prevention & Treatment Services: <http://www.dhhs.state.nh.us/DHHS/ATOD/default.htm>

**For more information and resources in New Hampshire call:
NH Alcohol, Tobacco and Other Drug Clearinghouse and Lending Library
1800-804-0909 (press 2) or 603-271-2677**